

Please wear exercise attire for fitness classes.

*For more information and confirmation of lecture hall locations please call 758-3439

MARCH APFRI Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7 0630 AWW Pilates Based Physioball Gruber Gym	8	9 1245 Essentials of Strength Training Location: TBD (call for details) 1530 AWW Cardio Strength Training Gruber Gym	10	11
14 0630 AWW Iron Major Yoga Gruber Gym 1530-1630 APFRI Gym Hours (Gruber Gym Front Desk area)	15	16 1245 Restorative Sleep Location: TBD (call for details) 1530 AWW Cardio Kettlebell Gruber Gym	17 1130-1230 APFRI Gym Hours (Gruber Gym Front Desk area)	18
21 0630 AWW Cardio Strength Training Gruber Gym 1530-1630 APFRI Gym Hours (Gruber Gym Front Desk area)	22	23 1245 Essentials of Aerobic Conditioning Marshall Auditorium, L & C 1530 AWW Iron Major Yoga Gruber Gym	24 1130-1230 APFRI Gym Hours (Gruber Gym Front Desk area)	25
28 0630 AWW HR zone Indoor Cycle Gruber Gym 1530-1630 APFRI Gym Hours (Gruber Gym Front Desk area)	29	30 1245 Cholesterol Q & A Arnold Conference Rm, L & C 1530 AWW Cardio Strength Training Gruber Gym	31 1130-1230 APFRI Gym Hours (Gruber Gym Front Desk area)	